Vancouver metro

Your essential daily news | THURSDAY, AUGUST 20, 2015

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The Honda 2015 MODEL CLEAROUT

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Model shown: CR-V Touring RM4H9FKNX

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SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 19

Vancouver metro

Your essential daily news | THURSDAY, AUGUST 20, 2015 | High 21°C/Low 15°C Cloudy

NOT SO PIOUS PANHANDLERS
metroVIEWS

THE ASHLEY MADISON AFFAIR

Nation of cheaters

• Government • Military
• Media • Police • Universities
• And ... your partner?

More than 500 people with Government of Canada emails are registered on infidelity website Ashley Madison. Security experts weigh in on the scandal that spreads nationwide and through all the corridors of power.

See metroNEWS for the details

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metro NEWS

Your essential daily news

Ex-Subway pitchman to plead guilty to sex crimes. **World**

Man blocked from flight after female security refuse frisking

CUSTOMER SERVICE

Artificial hip set off detector at airport

Thandi Fletcher
Metro | Vancouver

An "unfortunate mistake" was made when a retired B.C. social worker was blocked from boarding a flight in Terrace last month because an all-female security crew refused to frisk him, says an official for the Canadian Air Transport Security Authority.

Robert Hart, who lives in Terrace, was travelling with his wife to Ontario for a family wedding on July 27 when his artificial hip set off a metal detector at the Northwest Regional Airport's security screening point.

Hart, who travels by plane several times a year, said he wasn't surprised the titanium in his hip set off the metal detector, "as it always does."

What happened when he greeted the female screening officer caught him off guard.

"She smiled and said, 'I'm sorry. You're not going to be able to take this flight,'" he recalled.

"She said, 'You're going to have to book another flight.'"

The screening officer told Hart he had to be patted down by a male Canadian Air Transport Security Authority staff member and that only female staff were available.

The airport has two men on staff, but one was on vacation and the other was off duty, he said.

Hart said he had no problem with being searched by a female officer, and asked to speak to her supervisor. He also suggested an Air Canada agent or an RCMP officer pat him down. But the screening officer wouldn't budge, he said.

"She said, 'No, I'm not going to do that,'" he said. "There was no discussion."

Hart said he was forced to take a taxi back home and return to the airport six hours later to catch a red-eye flight when a male screener was on duty. The ordeal cost him nine hours of travel time.

When he arrived back home, Hart launched a complaint with CATSA.

In 2010, CATSA introduced a policy of same-sex screening. But Mathieu Larocque, spokesman for CATSA, said exceptions are allowed when a screening officer of the same sex is not available.

"We made a mistake. The passenger should have been screened," said Larocque.

"The screening officers were under the impression that same-sex screening was to be applied no matter what the circumstances."

Hart said senior employees have met with the screening officers involved to ensure the "unfortunate mistake" doesn't happen again.

COMPENSATION

Spokesman Mathieu Larocque said CATSA sent Robert Hart a letter asking him to send a claim for any expenses incurred as a result of missing his flight.

Robert Hart, a retired social worker, said he was blocked from boarding a flight in Terrace last month because an all-female security crew refused to pat him down. COURTESY ROBERT HART

Family crushed by U-Haul robbery

Matt Kieltyka
Metro | Vancouver

An American family travelling to their new home in Alaska are devastated after a U-Haul containing most of their possessions was stolen in Abbotsford.

Anna Spencer and her five children were driving from Georgia state to Alaska — where Spencer's military husband has been recently transferred to — when they checked themselves into a hotel room in the 36000 block of North Parallel Road Sunday night. That night, police say, a vehicle pulled up to the family's U-Haul and 24 minutes later suspects drove off with the truck.

"I wasn't even here 12 hours and my 26-footer U-Haul truck with my four-bedroom house in it was stolen," Spencer told Abbotsford Police in a video posted online. "My life, my children's lives, our military gear … everything that we accumulated, they took everything. It took a lifetime to build what we had."

Police say the stolen U-Haul was eventually found on Monday in a location in Surrey, but a significant number of items are still missing.

$100,000

Estimated value of the family's possessions contained in the truck.

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Embattled promoter files for bankruptcy

MUSIC

Company blames artist for cancelled concert

Matt Kieltyka
Metro | Vancouver

Jon Bon Jovi sings at The Staples Center on Oct. 11, 2013 in Los Angeles, Calif. An increasingly bitter back-and-forth has broken out between the musician's camp and Paper Rain. GETTY IMAGES

The promotion company behind the cancelled Jon Bon Jovi concert at Stanley Park has filed for bankruptcy.

In a statement released Wednesday, Paper Rain Performances blames low ticket sales and the rock star's unwillingness to postpone the concert, scheduled for this Saturday, for the fiasco.

"The reality is that not enough tickets were sold to cover the cost of the artist and the band's fee, much less the other substantial costs involved," the statement reads.

"The artist's management team flatly and repeatedly refused to allow a postponement and instead they insisted that the concert be cancelled. Paper Rain had no part in the cancellation and we remain in disagreement with that action."

By filing for insolvency, it's unknown what will happen to the thousands of people who purchased tickets to the concert and expect a refund.

Paper Rain's statement repeatedly blames Bon Jovi's management for refusing to budge the concert date, not making the artist available for media interviews and for not providing marketing support materials.

> **"The band was ready and willing to give a great performance on Saturday.**
> Bon Jovi Tours in a statement

The claims directly contradict the story out of Bon Jovi's camp in an increasingly bitter back-and-forth battle of words.

"The band was ready and willing to give a great performance on Saturday," Bon Jovi Tours said in a statement Monday. "Unfortunately, the local promoter, Paper Rain Performances, has proven unable to guarantee a properly produced event.... As such, they have not met their contractual obligations."

Despite the promoter's claim that it had "unqualified support" from the City of Vancouver, parkboard acting general manager Jonathan Snoek told Metro earlier this week that Paper Rain was unable to secure the necessary event permits in time for the concert.

Ticket sales, which ranged from $39 to $595, were halted earlier this week, with no indication whether the 7,200 fans who already bought their tickets would get refunds.

The band has agreed to play a small, private acoustic set for 175 fan club members who purchased three-day tickets and travel packages through Bon Jovi's own company, Runaway Tours.

Paper Rain exacerbated the confusion swirling around the event by then sending buyers an email Tuesday stating the artist will "honour all of the ticket holders" by opening up the show to the public — a claim immediately shot down by the band.

Later that day, the promoter retracted the email.

INVESTIGATION

Pilot killed in crash was drunk: Coroner

Thandi Fletcher
Metro | Vancouver

One of the pilots killed in a plane crash in Vancouver's North Shore Mountains in April had a significant level of alcohol in his system, according to toxicology results released by the BC Coroners Service on Wednesday.

Robert Brandt, 34, was the captain of a Carson Air cargo plane bound for Prince George that crashed on Coliseum Mountain shortly after take-off from Vancouver International Airport on April 13. Kevin Wang, 32, was first officer on the flight.

Both died on impact.

Post-mortem testing following the crash has found Brandt had an alcohol level of 52 mmol/L, which coroners service spokeswoman Barb McLintock described as a "significant level."

"On a breathalyzer it would be like blowing .24," she wrote in an email.

Canadian Aviation Regulations demand that air crews not drink alcoholic beverages within eight hours of flying.

No other substances were found in Brandt's system, and no drugs or alcohol of relevance were found in Wang's system, the coroner said.

The Transportation Safety Board and BC Coroners Service are continuing to investigate.

In April, Transportation Safety Board investigators revealed in a report that the craft was plunged from an altitude of 2,400 metres to about 900 metres — the height at which the wreckage was found — in less than 20 seconds.

Wreckage of Carson Air Flight 66, which went down in Vancouver's North Shore Mountains, sits in a lab. TRANSPORTATION SAFETY BOARD

The sudden fall combined with the wreckage dispersal and lack of terrain damage determined the crash was likely caused by an "in-flight break-up," according to the report.

Kevin Hillier, vice-president of operations for Carson Air, said news of the toxicology results is "troubling, as it is contrary to our policies and practices."

"The company has operated for 25 years with an exemplary safety record," he said in a news release Wednesday. "Everyone at Carson Air was deeply affected by the accident and the loss of our flight crew."

Hiller said safety is a top priority for the airline, which has a non-punitive safety-management system in place that allows employees to anonymously report any safety concerns.

He said the investigation is ongoing and that Carson Air is awaiting the Transportation Safety Board's final report.

IN BRIEF

Commercial Drive businesses back tower

The idea to build a 12-storey tower at the corner of Commercial Drive and Venables sparked a small protest last weekend, but not everyone is opposed to the project that promises to build condos, supportive housing and services for people with mental illness.

The Commercial Drive Business Society has thrown its support behind the development to be built in partnership with the Kettle Friendship Society and Boffo Properties.

"We think it's a very worthwhile cause and a very worthwhile program," said the society's executive director, Nick Pogor, who reached out to show support for the Kettle after the No Tower coalition ramped up its opposition to the scale of the project. Opponents say it does not fit with the neighbourhood.

EMILY JACKSON/METRO

Have your say on location for love locks sculpture

Now's your chance to let the City of Vancouver know where you'd like to see a love locks sculpture, a place where romantics can affix a padlock engraved with their initials as a symbol of their everlasting love.

The city is asking residents to pick between 13 parks located at all four corners of the city in a new love locks survey. It originally wanted people to choose between three locations — English Bay, Kits Beach and Queen Elizabeth Park — but opened the choice up to the public after criticism.

Those opposed can also let the city know if they think it should chop the entire love locks idea.

Visit talkvancouver.com to let the city know what you think. EMILY JACKSON/METRO

UBC faculty call on board chairman to step down

GOVERNANCE

Furor continues after president's resignation

Matt Kieltyka
Metro | Vancouver

The University of British Columbia Faculty Association is calling for the "immediate resignation" of board chairman John Montalbano.

In a statement released Wednesday morning, faculty association president Mark Mac Lean writes Montalbano — who faces allegations of breaching a professor's academic freedom following the sudden resignation of UBC president Arvind Gupta this month — "has shown an inability to allow proper procedures to proceed and has used his office as chair of the board to engage personally and publicly with the issues under investigation.

"His handling of president Gupta's resignation and his mismanagement of subsequent events are now compounded by breaches of standard protocols, and lead us to believe that his resignation will be in the best interest of the university and the public."

> **"At no time did I ask the professor to retract any of her blog and at no time did I threaten her funding.**
> UBC board chairman John Montalbano, regarding his interactions with Prof. Jennifer Berdahl

Sauder School of Business gender and diversity Prof. Jennifer Berdahl has accused Montalbano of confronting her over a blog post in which she writes Gupta may have "lost the masculinity contest among the leadership at UBC, as most women and minorities do at institutions dominated by white men."

In a subsequent blog post, Berdahl said she felt "institutional pressure to be silent" and considered Montalbano's actions a breach of her academic freedom.

Montalbano released a statement in his own defence on Tuesday, saying he is "deeply concerned" by the way Berdahl portrayed their interaction, denies the allegations and will continue to serve as university chairman.

But now the faculty association has taken issue with Montalbano's public response.

"The chair of the board of governors, the board's chief spokesperson, gave public, personal testimony related to the case in a university press release," writes Mac Lean. "We were shocked that this happened in a formal university media release posted on a university website. Mr. Montalbano has confused personal interests with the university's interests."

The Canadian Association of University Teachers has also waded into the dispute. On Wednesday, it issued a press release calling for Montalbano to "step aside while an investigation is underway" into the alleged interference of academic freedom.

POLITICS TRUDEAU HITS VANCOUVER Liberal Leader Justin Trudeau speaks to kids at Le Centre Culturel Franophone de Vancouver during a campaign stop on Wednesday. NDP Leader Thomas Mulcair was in Surrey Wednesday, where he promised to invest $250 million over four years in police recruitment.

JONATHAN HAYWARD/THE CANADIAN PRESS

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It's time to turn on the tap

BACKSTAGE PASS

Underated dance form to have festival in our city

Graeme McRanor
For Metro | Vancouver

Is there another form of dance more underrated than tap?

Maybe it's because some of us don't get it. Or perhaps it's because we don't understand the complexities of the craft. Maybe it's because the great tap artists — like most skilled dancers — make it look so damned easy.

Or maybe we just need the right dancers to change our minds.

Enter next week's Vancouver International Tap Festival.

Yes, my dance-parched friends, it's finally time to turn on the tap. Presented by the Vancouver Tap Dance Society, things start to click Aug. 27 with what's being called a Cruise-Dinner-Tap Jam ($65).

The name is decidedly on the nose: it's a cruise, there's dinner and there will be a tap jam performed by some of the best dancers around.

Then, on Aug. 28 (at the Norman Rothstein Theatre), it's Sarah Reich's Tap Music Project A (adults, $45; senior/youth, $35).

Says festival producer Sas Selfjord: "Sarah's Tap Music Project features five stars of North American tap sharing the stage with five equally talented and experienced musicians."

In addition to Reich, the festival features some titillating tap talent, including Dianne Walker, Terry Brock, Tre Dumas, Melinda Sullivan and Danny Nielsen.

There's also Derick Grant's 151 RED-Swingin' Time (also at the Norman Rothstein Theatre) on Aug. 29 (adults, $45; senior/youth, $35), featuring three dancers accompanied by the Micahel Creber Jazz Trio.

You can also purchase an all-event package — the cruise and both shows for $125. More information at VanTapDance.com.

TUTS

Don't fall for it, summer ain't over yet and neither is TUTS. If you haven't seen the musicals Hairspray or Oliver! fear not — for they've been extended one week and will continue to run in rotation until Aug. 29 at the Malkin Bowl in Stanley Park. Shows start at 8 p.m. Tickets start at $30. More information at TUTS.ca.

Sarah Reich's Tap Music Project will be one of the highlights at The Vancouver International Tap Festival which starts August 27 CONTRIBUTED

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2015 SOUL 1.6L LX MT

Soul SX Luxury shown‡
HWY / CITY 100KM^: 7.8L/9.9L

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2015 IIHS TOP SAFETY PICK

2015 SORENTO

"HIGHEST RANKED MIDSIZE SUV IN INITIAL QUALITY IN THE U.S."

THE ALL-NEW 2016 SORENTO 2.4L LX FWD

Sorento SX Turbo AWD shown‡
HWY / CITY 100KM^: 9.3L/12.3L

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Sportage SX Luxury shown‡
HWY / CITY 100KM^: 8.3L/11.4L

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INCLUDES **$4,850*** IN CASH DISCOUNTS

2015 IIHS TOP SAFETY PICK

2015 OPTIMA LX AT

Optima SX Turbo shown‡
HWY / CITY 100KM^: 5.7L/8.9L

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See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (OAC), on a new 2015 Rondo LX AT Winter SE (RN755F) with a selling price of $27,252 is based on monthly payments of $442 for 48 months at 0% with a $0 down payment, $0 security deposit and first monthly payment due at finance inception. Offer also includes a $6,000 financing discount. ΔUp to $1,000 Best-in-Class Bonus amounts are offered on select 2016 Sorento and 2015 Soul models and are deducted from the negotiated cash purchase, finance or lease price before taxes. Offer available from August 20 to 31 only while supplies last. Amounts vary by trim and model. Certain conditions apply. See your dealer for complete details. **Cash Purchase Price** for the new 2015 Soul 1.6L LX MT (SO551F)/2015 Optima LX AT (OP742F)/2015 Sportage 2.4L LX MT FWD (SP551F)/2015 Rondo LX AT Winter SE (RN755F) is $15,982/$21,452/$19,982/$21,232 and includes a cash discount of $4,750/$5,000/$4,850/$6,000. Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. Ω**Representative Leasing Example:** Lease offer available on approved credit (OAC), on new 2016 Sorento 2.4L LX FWD (SR75AG) with a selling price of $29,332 is based on monthly payments of $297 for 36 months at 0.9%, including $1,000 "Best-In-Class" Bonus, with $0 security deposit, $1,800 down payment and first monthly payment due at lease inception. Total lease obligation is $10,695 with the option to purchase at the end of the term for $16,414. Lease has 16,000 km/yr allowance (other packages available and $0.12/km for excess kilometres). Lease discounts vary by model and trim and are deducted from the negotiated selling price before taxes. ^Lease payments must be made on a monthly or bi-weekly basis but cannot be made on a weekly basis. Weekly lease payments are for advertising purposes only. ‡Model shown Manufacturer Suggested Retail Price for 2015 Soul SX Luxury (SO758F)/2015 Sportage SX Luxury (SP759F)/2015 Optima SX Turbo AT (OP748F)/2016 Sorento SX Turbo AWD (SR75JG) is $27,295/$38,495/$34,895/$42,095. ^Highway/city fuel consumption is based on the 2015 Soul 2.0L GDI 4-cyl AT/2015 Sportage 2.4L 4-cyl AT/2015 Optima 2.4L GDI AT/2016 Sorento SX 2.0L Turbo AWD. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnerGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. 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Public servants fear data leak

ASHLEY MADISON

If data turns out to be valid, Ottawa is top city for cheaters

The apparent email addresses of hundreds of Canadian federal, provincial and municipal government employees are contained in a massive leaked list of names purported to be users of Ashley Madison, a matchmaking website for cheating spouses.

Ashley Madison does not send verification emails, meaning the accounts might not belong to actual users of the site and could simply be the work of disgruntled tricksters.

Further, the data goes back to 2004, suggesting some email addresses may no longer be operational.

In a statement, Toronto-based Ashley Madison's parent company, Avid Life Media, said it was actively monitoring and investigating the leak to determine the validity of any information posted online.

It did not immediately respond to a question about why people can register for Ashley Madison with unverified or fake email addresses.

Federally, more than 170 addresses associated with the Canadian Armed Forces are on the list, and hundreds more from other departments and agencies, including justice, public works, the Canada Revenue Agency and the RCMP.

At least one MP was registered by name.

Several email addresses attached to the Senate were registered, although not under any sitting senators' names.

According to data on AshleyMadison.com, there were more than 55,000 users on the website living in Ottawa in 2013, making it the most infidelity-friendly city in Canada.

Hackers leaked the list after claiming Ashley Madison refused to bow to their demands to close the site. A message posted online said "Time's Up!" and accused parent company Avid Life Media of deceit and incompetence.

Computer security expert Brian Krebs, who writes the KrebsOnSecurity blog, said many of the leaked accounts appeared to be little more than a name and an email address, raising questions about their authenticity.

"But when you start factoring in payment information, that becomes harder to explain," he said.

Krebs said Ashley Madison does not send verification emails and allows multiple accounts to be linked to a single email address in an effort to aid users' privacy.

"They wanted to remove the ability for anybody to do that reconnaissance and try to register to find out if somebody was already a member," he said.

"They wanted their users to have deniability."

THE CANADIAN PRESS

Ashley Madison's Korean website in Seoul. LEE JIN-MAN/THE ASSOCIATED PRESS FILE

CYBERSECURITY

Corporations open to hacking

Canadians are clueless about the vast majority of corporate data hacks because the cost of revealing a breach hits companies' bottom lines harder than keeping consumers in the dark.

Wednesday's cyber attack on Toronto's infidelity dating site Ashley Madison shone a spotlight on a risk that usually lurks in the shadows due to a lack of legal incentives to report hacks.

"The security at Canadian organizations today is inadequate," said Claudiu Popa, CEO of cybersecurity firm Informatica Corp.

"In Canada, we don't have a law that is prescriptive enough to tell companies that they absolutely need to buy this or that type of technology."

While the government is required to report data breaches such as last year's Heartbleed attack at the Canada Revenue Agency, private companies are not required to report them.

The data leak on the notorious cheating website came to light because the hackers announced it, while last year's breach of thousands of Target Canada customers was revealed partly because the United States requires companies to report data breaches.

"It's in their best interest to play along and to invest in more sophisticated technology for detection and prevention," Popa said.

Canada's Digital Privacy Act passed in June will require companies to report breaches once regulations are prepared. But experts say it is essentially toothless without financial penalties. TORSTAR NEWS SERVICE

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Harper sidesteps questions on Novak

FRAUD TRIAL

Still unclear if former aide will be fired

Conservative Leader Stephen Harper is staying mum on the fate of Ray Novak after court testimony that his top aide had direct knowledge of the secret payment to cover Mike Duffy's disputed expenses.

Pressed about the issue Wednesday during a campaign stop in London, Ont., Harper sidestepped media questions about what Novak knew and whether his long-time confidante still has his support.

"I'm certainly not going to comment on matters that are part of an ongoing court case," Harper told reporters.

On Tuesday, Duffy's fraud and breach of trust trial heard that Novak was in the room when Nigel Wright, at the time Harper's chief of staff, first told the prime minister's lawyer Ben Perrin that he intended to give the embattled senator $90,000 to repay the expenses.

That statement contradicts the Conservative party's version of events — that Novak was not in the loop on Wright's decision to personally pay Duffy's expenses.

The latest revelation puts a spotlight on Novak, who was promoted to chief of staff after Wright was forced out when his payment to Duffy became public in 2013.

Stephen Harper's chief of staff Ray Novak watches the prime minister speak to members of Caucus on Parliament Hill in May 2013. ADRIAN WYLD/THE CANADIAN PRESS FILE

It also raises fresh questions about what Harper himself knew about the deal. The Conservative leader has repeatedly said he had no knowledge that Wright himself had covered Duffy's costs.

Harper refused to respond to direct questions about whether Novak had his support and would remain involved in the ongoing election campaign.

Both the Liberals and New Democrats are calling on Harper to fire Novak and on Wednesday, Liberal leader Justin Trudeau urged the Conservative leader to "come clean" on the affair.

NDP Leader Thomas Mulcair also took aim Harper, saying the fact that Novak knew about the deal makes it certain that the Conservative leader also must have known.

"One plus one equals two. Now we know that Mr. Novak knew so we can conclude that Mr. Harper also knew so I think it's high time he started to tell the truth," Mulcair said.

TORSTAR NEWS SERVICE

ELECTION 2015

Trudeau promises flexible work hours

Under a Liberal government, one million employees would have the right to request flexible work hours to help them balance the demands of work and family, Justin Trudeau said Wednesday.

Trudeau told a Winnipeg rally that, if elected this fall, his party would ensure all employees covered by federal labour law would have the legal right to ask their bosses for flexibility in their workday start and finish times, as well as the ability to work from home.

"The way Canadians work is changing. The way Canadians live is changing," he told about 200 supporters. "It's about recognizing that we can increase the productivity for Canadians and protect their quality of life in a way that will grow the economy."

A Liberal government would amend the Canada Labour Code and would also work with provincial and territorial governments to put the same rights into their own labour legislation, Trudeau said.

While employees would have the right to ask for more flexible work hours, there is nothing in the Liberal plan that would require employers to grant the request. "The employee is allowed to ask and the employer needs to formally respond in writing to that request," Trudeau said.

A similar plan in the United Kingdom has shown that about 80 per cent of requests from employees for changes in work hours are eventually granted, he added.

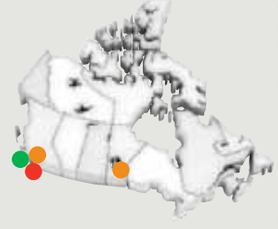
But NDP Leader Tom Mulcair called the proposal "wanting" and wouldn't say whether his party would support a similar initiative.

"You're going to be allowed to ask for flexible hours but your employer can say no," Mulcair said during a stop in Surrey, B.C. "Well, that's already the case today so I'm not too sure what they announced, to be honest with you."

Dan Kelly, president of the Canadian Federation of Independent Business, said it's not clear what the Liberal proposal would accomplish. Informal requests are made by employees across Canada already and are granted, he said.

THE CANADIAN PRESS

WHERE THE LEADERS ARE TODAY



- **Justin Trudeau** will be in Victoria, B.C., to make an announcement.
- **Tom Mulcair** will be in Vancouver and will attend a rally in Winnipeg.
- **Elizabeth May** will attend a concert in Brentwood Bay, B.C.

Stephen Harper's itinerary was unavailable.

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Former Subway spokesman Jared Fogle leaves his home in Zionsville, Ind., last month. MICHAEL CONROY/THE ASSOCIATED PRESS FILE

Guilty plea expected

CRIME

Ex-sandwich pitchman may face up to 30 years in prison

Longtime Subway pitchman Jared Fogle agreed Wednesday to plead guilty to allegations that he paid for sex acts with minors and received child pornography in a case that destroyed his career at the sandwich-shop chain and could send him to prison for more than a decade.

Prosecutors allege that Fogle knew the pornography had been secretly produced by the former director of his charitable foundation, which sought to raise awareness about childhood obesity and arranged for Fogle to visit schools and urge children to adopt healthy eating and exercise habits.

Authorities reviewed tens of thousands of text messages and emails as part of their investigation into Fogle, who used "wealth, status and secrecy" to exploit children, U.S. Attorney Josh Minkler said.

$1.4 million

The amount the accused will pay in restitution to his victims, $100,000 each.

A tight-lipped Fogle sat in federal court with his hands clasped and quietly answered "no" when the judge asked whether he had any questions about his rights.

He is expected to enter the formal plea at a later date to one count each of travelling to engage in illicit sexual conduct with a minor and distribution and receipt of child pornography.

The agreement released by prosecutors said Fogle will pay $1.4 million in restitution to 14 minor victims, who will each receive $100,000.

He will also be required to register as a sex offender and undergo treatment for sexual disorders.

The government agreed not to seek a sentence of more than 12 1/2 years in prison, and Fogle agreed not to ask for less than five years, according to court documents.

Federal judges have wide discretion in sentencing. The child-porn charge carries a maximum penalty of 20 years in prison. The count involving sex with a minor is punishable by up to 30 years.

Fogle "knows that restitution can't undo the damage that he's done, but he will do all in his power to try to make it right," defence attorney Jeremy Margolis told reporters.

The married father of two, he added, has a "medical problem" and "expects to get well," but he did not elaborate.

THE ASSOCIATED PRESS

SOUTH AFRICA

Pistorius' early release withdrawn

Two days before he was due to leave prison, Oscar Pistorius' early release was suddenly put on hold Wednesday by South Africa's Department of Justice, which sent his case back to a parole board.

It was unclear when the board would be able to meet again, justice department spokesman Mthunzi Mhaga said, but it was unlikely a new decision could be made by Friday's initially planned release date.

Pistorius, the double-amputee Olympic runner, is serving a five-year sentence for manslaughter for killing girlfriend Reeva Steenkamp in 2013. He was eligible to be moved from jail to house arrest after serving one-sixth of that sentence, or 10 months, which is up on Friday.

Wednesday would also have been Steenkamp's 32nd birthday, and her parents earlier held a beachside ceremony in their hometown of Port Elizabeth on South Africa's south coast.

In blocking Pistorius' release, the justice department said he was approved for home correctional supervision by parole officials in June, only eight months into his sentence. By law he should have served 10 months of his sentence before his case could be reviewed, the department said.

"It is apparent therefore that the decision to release him on 21 August 2015 was made prematurely on 5 June 2015 when the offender was not eligible to be considered at all," the justice department said in a statement.

Spokesman Mhaga said "the decision of the parole board will have to be suspended" until the board can meet again for a fresh hearing. Justice minister Michael Masutha would now study Pistorius' "profile" and the original parole-board decision, the department said.

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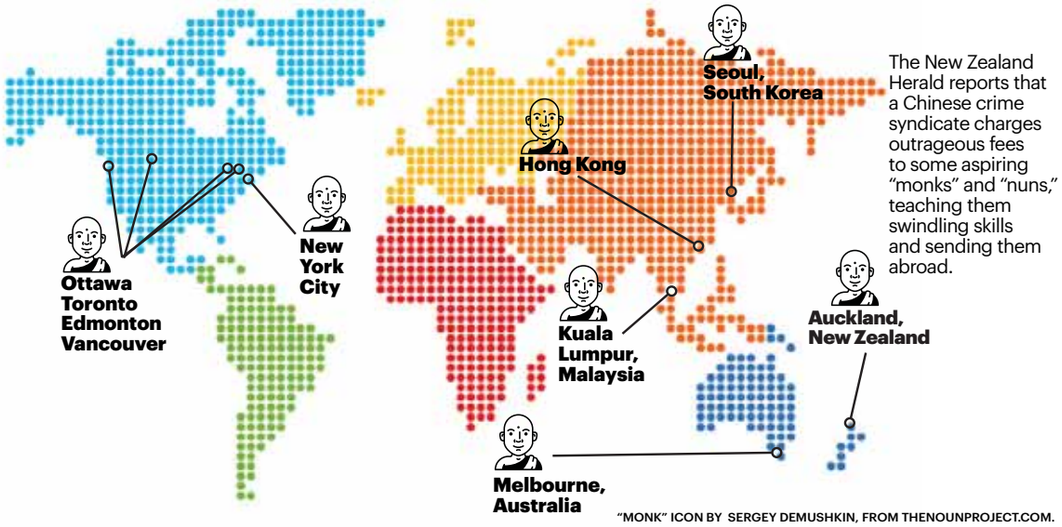
metro VIEWS
Your essential daily news
Thursday, August 20, 2015

THE BIG THING: BOGUS BUDDHISTS

The routine is suspiciously similar in cities around the world: Men dressed in flowing orange robes approach passersby, slipping a bracelet onto their wrists or handing them a gold-foil token with a garbled platitude like "Work Smoothly Lifetime Peace." Then they demand a donation of $10 or more, sometimes with a story about a temple needing repair. But it's a ruse: Though real monks may accept donations of food, the monastic lifestyle forbids begging. This has spurred speculation about where these not-so-pious panhandlers came from and if their efforts are organized. Here are just a few places where they've been spotted.

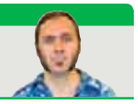


The New Zealand Herald reports that a Chinese crime syndicate charges outrageous fees to some aspiring "monks" and "nuns," teaching them swindling skills and sending them abroad.

"MONK" ICON BY SERGEY DEMUSHKIN, FROM THENOUNPROJECT.COM.

Trophy hunting actually helps lions like Cecil

Gabriel Zarate



If you don't know who Cecil the lion was by now, you've been living in a cave. Actually, even people in caves probably have Internet and know about Cecil, too. But they probably *haven't* been living near lions.

Because in all the international furor over Cecil, who was killed outside Hwange National Park in Zimbabwe in July, one important thing to know about lions has been forgotten: Lions eat people.

It doesn't happen often, but it is a fact of life for people living in countries where lions roam free. In Tanzania, where human population growth has squeezed habitat space for lions and depleted their usual prey animals, 871 people have been killed or wounded by lions from 1990 to 2005, according to the journal Nature.

As such, lions aren't the most popular neighbours. Zimbabwean academic Goodwell Nzou wrote in the New York Times that villagers, armed with machetes and spears, keep children indoors when they know a lion is in town.

"In my village in Zimbabwe, surrounded by wildlife conservation areas, no lion has ever been beloved, or granted an affectionate nickname. They are objects of terror."

Without the protection of the law, lions may be killed or driven out of the area to protect children and livestock.

Many wildlife management experts believe trophy hunting encourages governments to protect lions as assets, rather than allowing villages to exterminate them as pests. According to one 2012 study, a single sport hunt brings $24,000 to $71,000 US into the local economy.

While the international media wrings its hands over Cecil's death, driven by armchair outrage on social media, Africans shake their heads. Sub-Saharan African countries are impoverished compared to the West. Their wilderness is vast, wildlife patrols aren't free and poaching and habitat loss are far more serious threats to animal populations than trophy hunting, according to the International Union for Conservation of Nature.

Contrary to popular wisdom, lions aren't technically endangered. The IUCN Red List lists the lion as "threatened," meaning some populations are thriving while some are not. The major risk to the lion as a species — the reason their population declined 42 per cent from 1993 to 2014 — is primarily habitat loss.

When a rich foreigner spends tens of thousands of dollars on a hunt, it injects that money into national and local economies. Money may be the root of all evil, but try telling that to a Zimbabwean with kids to look after.

The money from trophy hunts helps pay for the salaries and equipment of wildlife conservation officers, who can still be outgunned by poachers serving a multi-million-dollar illegal trade in animal parts. In some countries the income from trophy hunts goes directly to conservation programs.

Trophy hunting indirectly helps preserve habitat for lions and their neighbours — cheetahs, leopards, impala and so many others. Without this commercial incentive, people do what people have done for millennia: Raze the wilderness to create farmland or pasture.

The Twitterverse can bemoan the death of one majestic animal all it wants, but until the crushing poverty in Africa is addressed and defeated, there will always be more Cecils.

Gabriel Zarate is a Toronto-based editor who spent three years reporting from the Canadian North.

ROSEMARY WESTWOOD

metroview

Distancing is easier than dealing with the deeper issues

It's distancing time.

First, for Subway and its sandwiches. Few things were more profitable, once, than a slimmed-down Jared Fogle holding a tuna footlong.

But Fogle is pleading guilty to child-sex and child-porn charges, and child abuse doesn't sell sandwiches.

Subway is scrubbing its image clean — taking down Fogle's picture in restaurants and ending their partnership.

"We no longer have a relationship with Jared and have no further comment," the fast-food giant tweeted on Tuesday.

It found more to say on Wednesday morning, after federal prosecutors released details of Fogle's guilty plea, and the fact he'll pay $100,000 to each of 14 victims.

"Jared Fogle's actions are inexcusable and do not represent our brand's values. We had already ended our relationship with Jared," read a company tweet.

If there's ever a time to agree with a corporation, it's on the count that Fogle's consumption of child pornography and his interstate trips to have sex with minors do not represent Subway's "values".

Then, for Ashley Madison, purveyor of affairs, it's a bit of a different dance. The company is distancing itself from the criminal behaviour of hackers who finally dumped the details of 32 million accounts. (It's always kept a safe distance from the moral high ground.) It's hardly had to defend its security practices, since hacks have become the new norm.

If you're one of Ashley Madison's millions of unmasked affair-seekers, the task of distancing yourself from your scheming self is trickier.

It will mostly be a more private affair — fewer Twitter statements, more head-hanging. Less "We no longer have a relationship" and... well, maybe a bit of that.

Ashley Madison devotees will need to operationalize their "If I'm outed" plans: Delete all traces of attempted or achieved affairs, secure a marriage counsellor, and gently prod friends for a spot on the couch. That's assuming public shaming is kept to a minimum, which might, admittedly, be assuming too much.

For the rest of us, there is the final act of distancing. By indulging in voyeuristic stories of cheating husbands, we don't have to look at the greater dysfunction of a society with million of sexless or bad-sex marriages. By turning a story of child sexual abuse into a story about Subway restaurants, we don't have to look at the greater network of criminals who bring children to men like Fogle.

We have no further comment.

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VORACIOUS

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Cara Nicoletti gathered her lit-themed recipes into a memoir. CONTRIBUTED

A butcher, a baker, a Yummy Books blog maker — Cara Nicoletti is all that, and the author of Voracious: A Hungry Reader Cooks Her Way Through Great Books (Little, Brown and Company, $34, Aug. 18).

A collection of recipes inspired by literature, Voracious grew out of Nicoletti's blog that in turn was an extension of a book club turned supper club whose popularity outgrew her modest Brooklyn apartment.

Although Nicoletti as a kid wanted to write fiction and moved from her hometown of Boston to study literature at NYU in 2004, she never imagined she would write a book about food.

"To be really honest, I thought my blog would only be read by my family and my closest friends," Nicoletti says. "I never thought it would turn into a book."

Food is important in her family. "My mom's side is Jewish and my dad's side is Italian and both cultures are food obsessed and really love to gather and eat together."

But it wasn't until Nicoletti started working in New York restaurants to support herself as a student that her appetite for making food became as voracious as her hunger for books.

"It's very physical work that was a nice counterpoint to working with my brain all day. I really looked forward to working with my hands … to see the product of my work in a physical way," says Nicoletti. "I really enjoyed doing the two things at once. I still do."

When asked about food's influence on her life, Nicoletti laughs. "It's everything. All day long, it's on my brain."

"I spent a lot of years wringing my hands over the fact that food is my greatest comfort. Food and books are both my greatest comfort. I'll never be one of those women who gets really worked up and forgets to eat. The older I get the more I realize that this is not only my biggest comfort but the way I understand and experience the world," she says. "I never feel more like myself than when I'm cooking or eating a meal with people that I love."

Nicoletti's joy at being in her element makes Voracious a feast for body and soul. The book unfolds as a chronological memoir: Nicoletti recalls stories from Hansel and Gretel (Gingerbread Cake with Blood Orange Syrup) to Pride and Prejudice (White Garlic Soup) to Gone Girl (Brown Butter Crepes). But it's her ability to recreate her intimate experience of reading books and their role as her muse that makes Voracious a collection to be savoured.

Though some readers might find a couple of the book's recipes a bit unsavoury — Lord of the Flies / Porchetta di Testa (made from a pig's head) and The Silence of the Lambs / Crostini with Fava Bean and Chicken Liver Mousses — Nicoletti has no regrets about including them.

"Some of the most powerful food themes in literature aren't necessarily the most appealing. That doesn't make them any less powerful. Those two recipes are the ones I hope readers will push themselves to try," Nicoletti says. "As a butcher that works with whole animals, I would love for people to challenge themselves to eat things on an animal that they wouldn't normally eat."

INSPIRED BY A JOAN DIDION ESSAY

"Goodbye to All That" Grilled Peaches with Homemade Ricotta

ILLUSTRATION: MARION BOLOGNESI

Makes 6 filled peach halves

- 3 1/2 cups whole milk
- 1/2 cup heavy cream
- 3/4 teaspoon coarse sea salt
- 3 tablespoons fresh lemon juice
- 3 ripe peaches, cut in half and pitted
- 2 tablespoons olive oil, plus more for drizzling
- 2 teaspoons sugar
- Flaky sea salt (such as Maldon), for serving
- Coarsely ground black pepper, for serving

Pour the milk, cream and salt into a large, heavy-bottomed pot and cook over medium-low heat, stirring occasionally, until the temperature reaches 190°F on a candy thermometer. Remove the pot from the heat and stir in the lemon juice. Allow the mixture to sit for 5 to 7 minutes before straining it through a sieve lined with three layers of cheesecloth. Let the cheese drain into a bowl for 1 to 2 hours.

Preheat a grill to medium.

Brush the peaches with the olive oil and dust them lightly with the sugar. Place the peaches, flesh-side down, on the grill and cook until char marks appear, about 2 minutes. Transfer the peach halves to bowls and spoon the fresh ricotta over them. Drizzle the ricotta with olive oil and sprinkle with flaky sea salt and coarse black pepper. Serve immediately.

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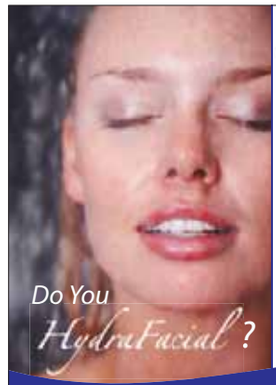
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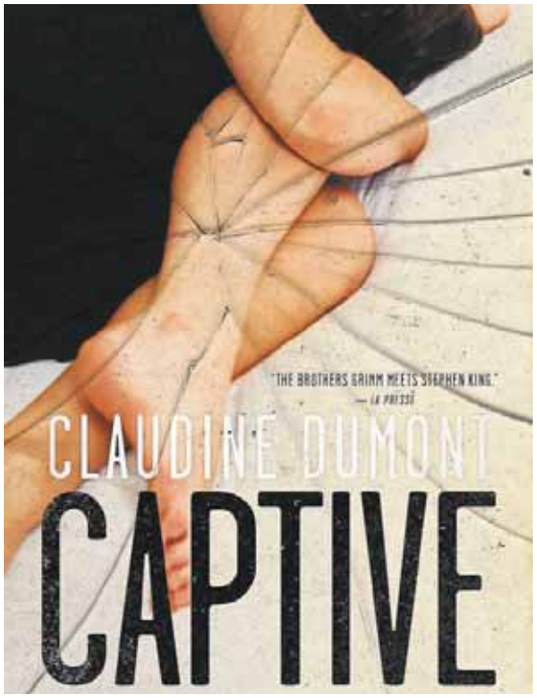

Captive owes some debt to James Frey's notorious book A Million Little Pieces. HANDOUT

CLAUDINE DUMONT

Quebec writer finds unlikely source for inspiration

BOOKWORM

Sue Carter

Claudine Dumont is the type of person who makes things happen.

When I catch the Quebec author and photographer by phone, she is covered in drywall dust, constructing the kitchen for Ma Souer et Moi café, a new restaurant in Laval she is opening at the end of the month with her older sister.

The siblings are both high school teachers, a profession Dumont describes as "hard and demanding and not very rewarding."

It was Dumont's own teenage ambition — since she was 14 and first read John Irving — to become a writer. After 10 years of literature studies, she published her debut novel, Anabiose, in 2013.

She had two dreams for the book, both of which came true. Weeks after its release in French, she was contacted on Facebook by a producer interested in buying the film rights.

The adaptation goes into production early next year. Dumont also dreamt of an English-language version of the novel: Captive is out now with House of Anansi Press, with a translation by Montreal's David Scott Hamilton.

Captive is challenging to describe without giving away the plot details that make it such an exhilarating read.

Here's what you should know: Emma, a socially isolated office worker with a thirst for tequila, wakes up in a windowless concrete room with only a mattress and a lamp.

She has no clue who put her there, or how she'll escape. Written in clipped, almost breathless sentences and brief chapters, the suspense and physical action is relentless until the bombshell ending (which admittedly may frustrate some readers.)

Claudine Dumont describes her day job , teaching, as "hard" and "not very rewarding." HANDOUT

Dumont began writing the book, which took her about two months, while between teaching contracts.

"I'm not a very social person. I don't like being around a lot of people," she says.

"I like to retreat but the more I retreated, the less I'd see people.

"That isolation that Emma experiences is where I was. I was taking my own reality to an extreme."

She was also inspired by an unlikely source: a passage from A Million Little Pieces, the 2003 memoir that got author James Frey booted out of Oprah's book club when it was discovered that he falsified many of its details.

Dumont was struck by the scene in which Frey is about to enter a rehab centre once again. He thinks that maybe this time it will work, and his life will be better.

Dumont says it made her imagine a rehab centre for people who don't know how to live their lives fully — not necessarily for those with addictions.

As all those elements came together, and even before Dumont started writing the manuscript, she knew exactly how the story would conclude. Without giving away any spoilers, she teases, "I was leaning toward a bad ending but I think readers deserve candy at the end. That's what I like when I read."

Sue Carter is the editor at Quill & Quire magazine.

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metro HOME
Your essential daily news
Thursday, August 20, 2015

What they're a$king

With the cost of single-family homes on the rise in Canada, the townhome is an economical alternative to first-time purchasers looking to get into the market, while offering more living space than a conventional condo. Check out this great selection of newer and brand new, two-bedroom townhomes. **Duncan McAllister** FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.

$294,900

Calgary

Here's a townhome at 177 Rainbow Falls Manor, located in Chestermere, just east of Calgary. The open floor plan offers a spacious living room, dining area and ample kitchen. The main floor also has a two-piece bathroom. The upper level offers a loft, a four-piece bath and two large bedrooms. The lower level is fully-finished with a family room, a two-piece bath, laundry room and storage area. The property is close to walking paths, schools, shopping and other amenities. Listing agent Tim Lind is a sales representative for RE/Max Real Estate, Mountainview, 403-333-0837.

$279,900

Halifax

Here's a new townhome at Waterberry Park in Bedford, N.S. Amara Developments is offering a two-bedroom design that's ready for move-in. The units feature detailed exterior elements, in brick, stone and wood, and are finished with hard-surface flooring and stone countertops. The main floor has oversized windows and nine-foot ceilings. There's a top-floor laundry and a two-toned, hardwood staircase throughout the home. Listing agent Jeff Kielbratowski is a sales representative with Royal LePage Atlantic Realty, 902-877-1787.

$399,900

Winnipeg

Located in the Royalwood neighbourhood, this open-concept, executive-style condo townhome was built in 2014. The unit features an open-style great room with large windows, a large kitchen with stainless steel appliances and granite counters, maple hardwood floors and patio doors leading out to a large, sunny deck. The master bedroom has a walk-in closet and ensuite bath, and a second bedroom with full bath and walk-in shower. Listing agent Dave Heinrichs is a sales representative with Royal LePage Dynamic Real Estate, 204-479-9222.

$298,000

Ottawa

For sale is this stacked condo townhome in Elmvale Acres, with 1,012 sq. ft. of open-concept living space. The corner unit has lots of upgrades including hardwood on the main floor, custom blinds, granite countertops, a breakfast bar and appliances. There are two bedrooms on the lower level and a balcony off the living room. The unit is located close to downtown, transit, shopping and hospitals, with parking right outside the door. Listing agent Kerry Millican is a sales representative with Royal LePage Team Realty, 613-290-2990.

$709,000

Vancouver

This new, two-bedroom unit in the Kitchener Mews is one of 10 new townhouses built by a premier Vancouver builder. The unit features 1,000 sq. ft. of living space, and listing agent Dale Mounzer says that the homes boast solid construction and well-designed living spaces, situated in one of the city's most sought-after areas. Just 10 minutes from the downtown core, the property boasts a walk score of 98. All homes include secure, underground parking and storage lockers. Mounzer is an associate with Macdonald Realty Ltd., 604-689-5115.

$289,800

Toronto

Here's an open-concept design with a modern layout, located in the east-end neighborhood of Victoria Village. The two-bedroom townhome has extra-high ceilings, a split-bedroom layout, a large kitchen and front terrace with barbecue area. Listing agent Ira Jelenik says that thousands have been spent on upgrades, including floors and appliances. The unit is located in a family-friendly neighborhood close to transit, shopping, schools and parks. Jelenik is an associate with Harvey Kalles Real Estate Ltd., 416-441-2888.

$389,800

Edmonton

This three-storey townhome in the Serenity Gardens community is a modern, 1,539-sq-ft. unit with two bedrooms, a den and a loft. The home features espresso-coloured hardwood flooring on the main level, dark wood cabinetry, a kitchen island with an eating area and stainless steel appliances, which are all included, as well as a gas barbecue hookup. The property is in an excellent location in Pleasantview, minutes to Southgate, the university, and downtown. Listed by Darlene Strang, an associate broker with RE/Max Real Estate, 780-908-3131.

WEB CULTURE

Teens eat their way to Internet stardom

Every evening, 14-year-old Kim Sung-jin orders fried chicken, delivery pizza or Chinese food to eat in a small room in his family's home south of Seoul. He gorges on food as he chats before a live camera with hundreds, sometimes thousands, of teenagers watching. That's the show, and it makes Kim money: 2 million won ($1,700) in his most successful episode.

Better known to his viewers by the nickname Patoo, he is one of the youngest broadcasters on Afreeca TV, an app for live-broadcasting video online launched in 2006.

Kim, who has a delicate physique and slight limbs, has been broadcasting himself eating almost every evening since he was 11. Sometimes he invites friends to eat with him. To add fun, he once wore a blonde wig and dressed as a woman.

While the Internet has been making stars for years — from bloggers to gamers who play for millions of YouTube viewers — outsiders may find it puzzling, if not outright bizarre, for young people to spend hours watching someone eating. But in South Korea, Afreeca TV has become a crucial part of social life for teens.

Shows like Kim's are known as "Meok Bang," a mash-up Korean word of broadcast and eating. They are the most popular and often most profitable among some 5,000 live shows that are aired live at any given moment on Afreeca TV. THE ASSOCIATED PRESS

Kim Sung-jin, 14, broadcasts himself eating in his bedroom in Bucheon, south of Seoul, South Korea. JULIE YOON/AP PHOTO

Brony as hair muse

From celebrities like Katy Perry, Kelly Osbourne, May Jagger, and Britney Spears, to Instagram fashioniastas like Amanda Joy, the colombré trend — also called "brony hair" — is taking off. ALL PHOTOS INSTAGRAM, SPEARS PHOTO GETTY MAGES

COLOUR

New look inspired by My Little Pony locks

My Little Pony has been around since the '80s, but the toy franchise isn't going out of fashion anytime soon. In fact, it's even kick-started a new celebrity hair trend.

Brony hair (brony originally described male fans of My Little Pony, but the look has been picked up by women) is the latest style to take over Instagram. It involves dying your locks the signature pastels and candy-coloured hues of the toy ponies, often mixing up different shades at the same time.

Britney Spears was sporting the look at this weekend's Teen Choice Awards, where she won the Candie's choice style icon award.

Some stars, like Katy Perry and Kelly Osbourne have been rocking the look for months, while others, such as model Georgia May Jagger, are new to the brony scene. The daughter of Mick Jagger and Jerry Hall took to Instagram earlier this week to unveil her new 'mermazing' look, with a photo showing off her multi-toned green, pink, purple and orange locks.

The U.K. fashionista has kept her roots natural and left sections of her long blond hair uncoloured to keep things choppy.

Cara Delevingne was also spotted with sugary pink hair. It turned out to be a wig — a good idea if you want to test out Brony hair without committing — but her choice shows how hot the trend is right now.

Brony hair could be a natural progression from rainbow hair.

Thanks to celebrities like Kylie Jenner and Kaley Cuoco, graduated ombré styles that involve leaving the roots their natural colour and adding flashes of pastel or fluo tones to the bottom half of your tresses have been big news.

The concept is both fun and practical in terms of regrowth. AFP

GET THE LOOK

How to go colombré

If you're ready to get the dye out, then there are a few tips that might make the process easier. Beauty blogger Irene Mahmud Khan suggests using Garnier Color Styler, a product which only lasts a few washes and is applied by hand for an individual effect. Over at The Faux Theory, the advice is to 'feather' the colour using a downward stroke when applying dye with a brush to avoid any harsh division lines between the colombré and your natural shade. AFP

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Georgia May Jagger is the face of jeweler Thomas Sabo's new campaign. ©THOMAS SABO

INTERVIEW

What's in Georgia May Jagger's suitcase?

With summer vacations in full swing, we interviewed British-American model Georgia May Jagger on the staples of her summer wardrobe. The internationally renowned star tells us that a suitcase without a bikini is not an option.

What are your three must-haves on vacation?
A high SPF sunscreen, my camera and a good book.

What wardrobe item do you always bring along?
For summer: bikinis. I buy a new one every time I go on a beach vacation.

How about accessories?
My engraved Love Bridge bracelets. For summer, I particularly like disc bracelets in blue and turquoise that you can have personalized with engraved dates or initials — very romantic.

Vacation beauty tip?
Wear as little makeup as possible. I like the minimalist style when I'm on vacation. But I do like to wear a little gold eye shadow at night.

Do you have an unusual story from a past vacation?
I just went to Cambodia and was really impressed by Siem Reap and the temple of Angkor Wat/UNESCO World Heritage. This was really an amazing vacation.
Who do you dream of going on vacation with?
(Smiling broadly) My boyfriend. AFP

GOSSIP BRIEFS

Twilight saga over

We live in an age of reboots and remakes, and movie studios are big fans of making money, so it makes sense that we should be worried about someone relaunching the Twilight series. And Kristen Stewart is apparently all for it — as long as she doesn't have to be in them.

"I was so genuinely, heavily entrenched in that," she tells Uproxx. "It's hard to speak to a five-year period in a few sentences, but I loved doing it. But that doesn't mean I want to keep doing it." NED EHRBAR/METRO

Payne explains

One Direction fans can apparently be a finicky bunch. Case in point: Liam Payne recently introduced a song, Girl Almighty, at a concert with what he thought was an amusing observation.

"This is my favourite song off the last album, and it is about trying to find that No. 1 woman of your life, which none of you can relate to, 'cause most of you are girls," he said.

Fans on Twitter took Payne to task for disregarding same-sex couples. "I am in no way shape or form homophobic," Payne responded. NED EHRBAR/METRO

DIVORCE

Fox and Green over

IN HOLLYWOOD

Ned Ehrbar

This one is kind of a bummer: Apparently one of the coolest married couples in Hollywood is no longer actually a couple.

Megan Fox and husband Brian Austin Green have reportedly split up — and they did it a while ago.

"Megan has separated from Brian," a source tells Us Weekly. "They decided on it six months ago."

Fox and Green have been together for 11 years and married for five. They have two children together — Noah, 2, and Bodhi, 18 months — in addition to Green's 13-year-old son, Kassius, from a previous relationship. They were last spotted in public together on June 9.

HEALTH CARE

Doherty cancer diagnosis

Shannen Doherty is battling breast cancer that worsened during a lapse in her health insurance caused by her former business managers, the actress claimed in a lawsuit filed Wednesday.

The former Beverly Hills, 90210 star claims that her former business managers and accountants mismanaged her money and allowed her health insurance to lapse last year. Because of that, she said she didn't go to the doctor until she had insurance and there was a delay in diagnosing her cancer, which will likely require more drastic treatments, including a possible mastectomy and chemotherapy.

Doherty, 44, received the diagnosis in March and her doctors have said earlier treatment might have stopped its spread, the lawsuit states. THE ASSOCIATED PRESS

O'Donnell's daughter found safe and sound

CHELSEA O'DONNELL

Teen missing since Aug. 11 found hiding in New Jersey

Rosie O'Donnell and daughter Chelsea in 2010. THE ASSOCIATED PRESS/ALL OTHER PHOTOS GETTY IMAGES

Rosie O'Donnell's teenage daughter was "of sound mind and body" when she was found in New Jersey after she left home for a week, police in New York said Wednesday.

Sgt. Daniel Wilson said Chelsea O'Donnell was found by South Nyack police a day earlier in Barnegat, N.J., at the house of a male she was "recently acquainted with." He didn't describe the relationship.

Chelsea declined medical attention, and "she did not appear to be in any mental distress," he said.

She had left the family's home Aug. 11 with a therapy dog, and her mother's concern was intensified because she had not been taking needed medication. Chelsea suffers from mental illness, according to her mother's spokeswoman, Cindi Berger.

Rosie O'Donnell lives in South Nyack, about 40 kilometres north of New York City, and police there had been involved in searching for Chelsea since Aug. 16. In the interim, Chelsea made contact with third parties, so police "didn't believe that there was any immediate danger," Wilson said.

South Nyack police informed Barnegat police on Tuesday that they believed Chelsea was there. Police went to the residence and although the person answering the door initially did not want to reveal Chelsea's presence, police said they would not leave until she came out. She then appeared and willingly left with police.

Wilson said Rosie O'Donnell was co-operative and involved authorities because "several days had gone by and she wanted her daughter back."

O'Donnell also issued a statement and tweeted Tuesday that her daughter was missing, appealing to the public for help. THE ASSOCIATED PRESS

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Top, from left, Monster High and Avengers backpacks, $14.97 with matching lunch bags, $9.97, at Walmart; Burton Youth Gromlet backpack, $37 from MEC; Crosshatch and Navy by Herschel Supply Company Ltd, $49.99, at Indigo.ca. Bottom Backpack Butterfly by Crocodile Creek, $29.99, at Indigo.ca.

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Priority: the trusty backpack

Tanya Enberg
For Metro

Soon kids will be saying goodbye to sunshiny days spent splashing at the pool as back-to-school season approaches — and that means it's time to get your child's gear in order.

One essential item guaranteed to get a lot of use is the trusty backpack.

From exposure to sloppy weather conditions and spills to being overstuffed with books, gym clothes, food and laptops, nevermind getting shoved into lockers, cubbies or tossed aside in the playground, backpacks need to withstand major daily stress.

Thankfully finding a durable, well-engineered backpack that reflects your child's personality is easier than ever.

Before making a decision, here are a few helpful tips to consider.

What to inspect

Check the quality of zippers, pockets, buckles, look for tightly stitched seams and make sure the spine provides cushioned support.

"Look for padded shoulder straps and a vertically adjustable sternum strap," says Jodi Weir, technical product developer with Mountain Equipment Co-op (MEC).

"The sternum strap, along with the shoulder straps, help distribute weight across the chest. The sternum strap also keeps the shoulder straps in place, which means less pressure on shoulder joints. The pack should fit snug against the back. Of course, kids will readjust as they wish. I see a lot of loose fitting backpacks at the end of a school day because sometimes fitting in trumps a good fit."

Size and fit

Where backpacks are concerned, choosing the right size is essential.

"The biggest mistake I see is backpacks that are too big," says Weir. "I would recommend choosing a backpack that fits your child now, instead of buying a pack that you expect your child will grow into."

Extra pockets keep smaller items, such as phones, pens and music players separate and accessible, and side pockets are great for storing water bottles.

Most experts agree that kids shouldn't carry more than 10 to 12 per cent of their body weight. Using the main compartment to store heavier items such as laptops and books helps distribute the weight evenly, causing less strain on the back.

"Although it's not always possible, we recommend placing heavier items in the middle of the backpack instead of at the bottom or top," says Weir.

It is smart to select backpacks in person to test for proper fit and make sure it's spacious enough to hold all of the necessary supplies.

Material

Synthetic materials such as polyester and nylon are more water resistant than natural fibres.

Backpacks can quickly get overloaded, so choosing a lightweight material is ideal. While a leather backpack may look stellar, it may not be the most practical choice.

Fall 2015 trends

From Frozen, Minions to Spider-Man and Star Wars, pop culture is the leading influence appearing on backpacks for younger children this fall, says Elena Delli Pizzi, category manager at Staples Canada.

For older students "bright colours and neons have carried over from last year, as well as camouflage, which is still huge," she says.

Some fresh new cool trends are also popping up, including "geometrics — lines and shapes in various colours — Navajo or Aztec-inspired prints for girls, graffiti style, polka dots and ombre."

Leave a small lunch footprint

Tanya Enberg
For Metro

If you have children heading back to school, it's time to prepare for all of those litterless lunches ahead.

The litterless lunch is exactly that — no garbage shall be left behind. In other words, everything your child brings to school with them — from juice boxes, snack bags and napkins to apple cores and banana peels — will return home with them at the end of the day.

With this in mind, stocking up on smart, reusable, eco-minded supplies designed to keep food fresh and safe, while being easy to clean and store, is a top priority for parents.

"Litterless lunch programs in schools mean they bring all the mess home with them," says Elena Delli Pizzi, category manager at Staples Canada.

And that could get very messy.

"Everything must be washable," she stresses.

"Reusable lunch containers, water bottles and cutlery are convenient because they can be placed in the dishwasher and are eco-friendly."

To create successful waste-free lunches, write a list of items you will need before shopping. This may also include reusable cutlery, washable napkins and an insulated lunch bag that is easy to wipe down to eliminate bacteria.

The growing popularity of welcoming waste-free lunches in schools and daycares across British Columbia is steering caregivers away from pre-packaged foods, further reducing excessive packaging, while providing fresher, healthier meal alternatives for youngsters.

"All of our lunch bags are fully insulated so they keep food cold, and we offer an assortment of hard and soft ice packs as well as ice mats," says Delli Pizzi of the importance of safely storing food for several hours before the lunch bell rings.

Look for dishwasher safe, BPA-free and leak-proof containers.

Plastic is popular because it tends to be light, helping minimize excessive backpack cargo. Stainless steel containers are also a top choice as they are durable, food safe and lightweight.

Always look for high quality containers with lids that snap shut securely for an airtight seal to keep food fresh and safe, while preventing annoying spills, and choose a variety of sizes and styles.

Smaller containers are great for side dishes of fruit, veggies and sauces, and larger ones ideal for mains, such as sandwiches, salads and pasta. Bento box styles keep food nicely separated in one compact compartment for happy-kid lunching.

Clockwise from top left, Skip Hop Zoo Lunchie Set, under $34 at Overstocked.com; Crocodile Creek's Vehicles pack-and-go lunch box, $19.99, at Indigo.ca; T-Rex sandwich keeper and food container, $6.99, at Indigo.ca; Crocodile Creek's 400 ml Robot drinking bottle, $11.99, at Indigo.ca; Insulated Hearts Lunchbox, $11.95 from Children's Place; Animal Lunch Pack, $17, from MEC; Aladdin Collapsible Bowl Set, $23 at MEC; Juice in the Box, $12.98 at Staples.

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Back to school spending: How much is too much?

Here's how to strategize your shopping

CONTRIBUTED

As a parent, it is easy to become overwhelmed this time of year. Between knowing the latest fashion trends and newest must-have tech gadgets, to purchasing the essential school supplies — it's easy for parents to feel as if they have to go overboard with their spending during back to school shopping. Luckily, this shopping season does not have to be such a daunting task nor a painful hit to the wallet. With the average Canadian parent planning to spend roughly $500 on back-to-school-related purchases this year, here are a few tips to help make the most of your money.

MAKE A LIST OF EVERYTHING YOUR CHILD WANTS FOR SCHOOL. Then, set the priorities and make a budget. By heading to the mall prepared, you're less likely to make impulse purchases or over-buy.

DO YOUR RESEARCH. Planning out which stores you hope to visit keeps the list in check and temptation at bay. To help, Cadillac Fairview has a mobile app for each of its 20 shopping centres, including Richmond Centre, which is perfect for pre-planning and finding fashion-trend inspiration. Visit cfshops.ca to learn more about what's new at Richmond Centre and download the CF SHOPS! app to help you map out your back-to-school shopping trip.

TRY AND PICK VERSATILE ITEMS. By purchasing items that can be worn multiple ways, you will end up spending less in the long run. Invest in staple items such as a great pair of jeans or a simple black sweater — these items can later be accessorized and stylized to create many different outfit ensembles. Inspiration for the staple pieces could include visiting the back-to-school tableaux in-mall at Richmond Centre.

TRY THE HIGH-LOW APPROACH. Building from the last tip, put the main bulk of your money towards the base of your child's wardrobe, and then spend much less on accessories. This approach will ensure weeks-worth of dynamite looks without a devastating price tag.

With a little careful planning, parents can take the stress out of back-to-school shopping, and ensure every child looks and feels their best for when classes kick off in September.

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Updated Tile beeps louder, works up to 100 feet to help users find keys or phone

What they're a$king

With the cost of single-family homes rising in Canada, the townhome is an economical alternative for first-time buyers, offering more living space than a condo. Check out this great selection of newer and brand new, two-bedroom townhomes. **Duncan McAllister** FOR METRO

ASKING PRICES WERE ACCURATE AT TIME OF PUBLISHING.

$709,000

Vancouver

This new, two-bedroom unit at 1680 Kitchener St. in the Kitchener Mews, is one of 10 new townhouses built by a premier Vancouver builder. The unit features 1,000 sq. ft. of living space, and listing agent Dale Mounzer says that the homes boast solid construction and well-designed living spaces, situated in one of the city's most sought-after areas. Just 10 minutes from the downtown core, the property boasts a walk score of 98. All homes include secure, underground parking and storage lockers. Mounzer is an associate with Macdonald Realty Ltd., 604-689-5115.

$289,800

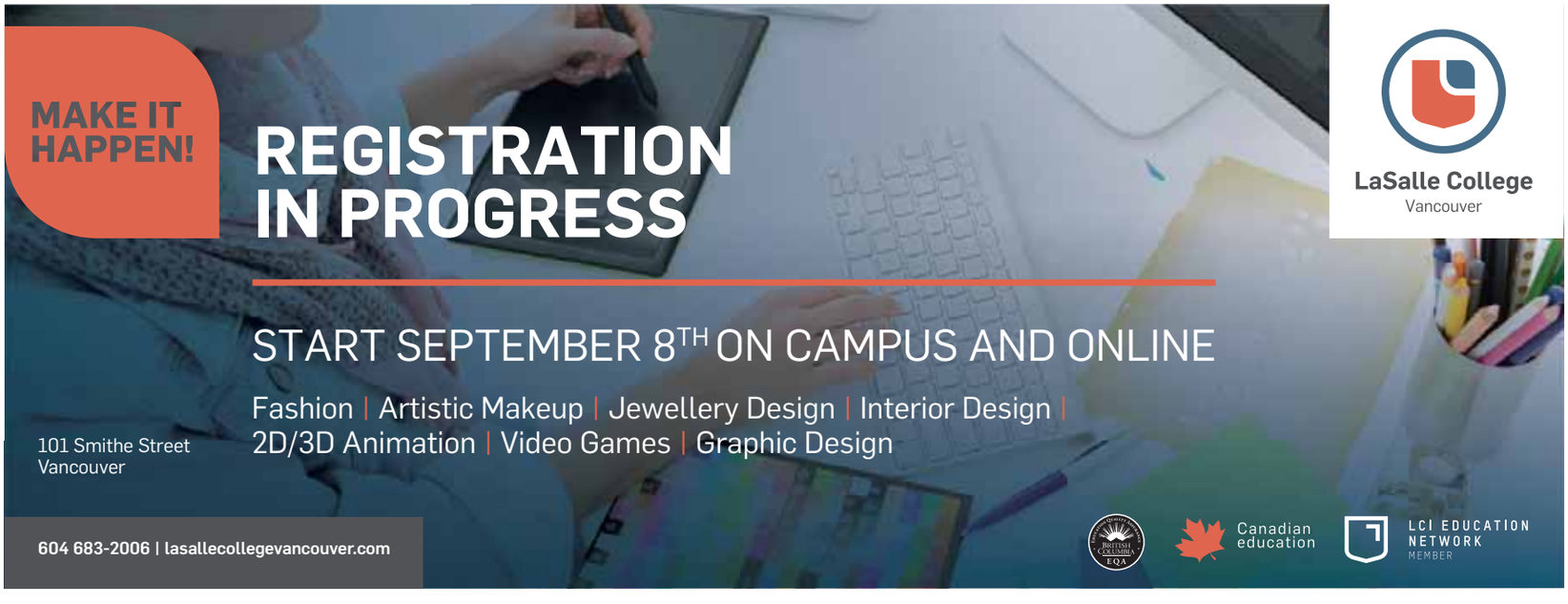
Toronto

Here's an open-concept design with a modern layout, located in the east-end neighborhood of Victoria Village. The two-bedroom townhome has extra-high ceilings, a split-bedroom layout, a large kitchen and front terrace with barbecue area. Listing agent Ira Jelenik says that thousands have been spent on upgrades, including floors and appliances. The unit is located in a family-friendly neighbourhood close to transit, shopping, schools and parks. Jelenik is an associate with Harvey Kalles Real Estate Ltd., 416-441-2888.

$389,800

Edmonton

This three-storey townhome in the Serenity Gardens community is a modern, 1,539-sq-ft. unit with two bedrooms, a den and a loft. The home features espresso-coloured hardwood flooring on the main level, dark wood cabinetry, a kitchen island with an eating area and stainless steel appliances, which are all included, as well as a gas barbecue hookup. The property is in an excellent location in Pleasantview, minutes to Southgate, the university, and downtown. Listed by Darlene Strang, an associate broker with RE/Max Real Estate, 780-908-3131.



Illuminate your school studies

DESIGN CENTRE
Karl Lohnes

School's back soon. Make the most of your school year (and dorm room) by adding a chic desk lamp to your study space. Here are a few that will brighten your room and illuminate your decor.

1 4040 Locust Teeny Table Lamp
Create a reading space anywhere by clipping to your desk, headboard or table. $39, UrbanOutfitters.com

2 Equip Your Space Architect Desk Lamp, Aqua
Light your studies at any angle. $40, BedbathAndBeyond.ca

3 Pillar Desk Lamp
This Paul Isabella-designed lamp is a mixture of concrete and black aluminum at its best. $179, CB2.com

4 Ceramic Owl Table Lamp, White
For those who pull all-nighters: Someone's watching. $25, Walmart.ca

5 HARTE LED Work Lamp
Bend your light anywhere and draw power from your computer or an ordinary outlet. $17, IKEA.com

6 Atelier Table Lamp
Mixed metal, wood and a shade for a modern, warm glow. $130, Structube.com

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5 PIECES TO GIVE YOUR HOME THE MIDAS TOUCH

A room with too much gaudiness is more Donald Trump than chic, but accents with just a touch of the metallic hue are right on trend; gold-dipped decor is everywhere. Pieces like the ones shown here give a room glamour without looking over-the-top. **EMILY LAURENCE/METRO IN NEW YORK CITY**

1 Birds of a feather

Gilded artwork glams up a dull corner. $299 US, Pottery Barn

2 Silverware that shines

Silver and gold utensils match any dining set. $38 US, Anthropologie

3 Honey hued

A beehive-inspired decanter will be the centrepiece of your bar cart. $40 US, One Kings Lane

4 Vases add variety

Brighten up your living room with a vase with a sunny streak. $35 US, Brit + Co

5 Go wild

Grab this trend by the horns. $69.95 US, CB2

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2014 third-overall pick Joel Embiid is expected to miss a second straight season after foot surgery

'Beach bum' flips switch to starting linebacker

CFL

Lions look to rebound after embarrassing loss to Ticats

Life is a beach, right? Growing up in Los Angeles, linebacker Alex Hoffman-Ellis was never that far away from the paradise of sand and the ocean.

"I'm a beach bum. I love the beach. To me, the ocean, particularly marine life, is the most fascinating place," Hoffman-Ellis said Wednesday.

But when it comes to football, the switch flips from that laid-back persona to the fearsome characteristics more suited for the game. That's what got the attention of the B.C. Lions scouting department when they first saw Hoffman-Ellis playing at Washington State and later with the St. Louis Rams organization in the NFL.

"I feel like you have to have an on-off switch. Turn it on when you hit the field. It's time for business. Off the field, the beach is a great place to gather my thoughts and, not to sound hippyish, connect with the earth around me," he said.

Signed as a free agent prior to 2014 training camp, there is suddenly more attention on Hoffman-Ellis than perhaps at any other point in his tenure.

Linebacker Alex Hoffman-Ellis, right, will make his first start for the Leos on Thursday against the Alouettes. JONATHAN HAYWARD/THE CANADIAN PRESS

Thursday against the Montreal Alouettes at BC Place Stadium will mark his first start at outside linebacker this year. It's a roster move that comes as a result of Solomon Elimimian suffering a torn Achilles last weekend in Hamilton.

Adam Bighill is expected to move into the middle linebacker spot.

While the Lions lose Elimimian, it's not like Hoffman-Ellis is a new, raw piece rushed swiftly into the team's defensive scheme on an emergency basis.

In fact, he has never looked out of place on defence, registering his first CFL interception earlier this season in a game against the Saskatchewan Roughriders.

"He's not big-eyed about this at all," said head coach Jeff Tedford.

Although coming into a situation to help a team fill the void left by a star player out with a lengthy injury adds another layer to the story.

"The opportunity is here for him now," said defensive back Ryan Phillips.

The Lions are coming off an embarrassing loss in Hamilton and a short week of practice.

The Lions' record dropped to 3-4, although they can move back to the .500 mark against the Alouettes on Thursday.

NFL

Judge says Brady's suspension could be scrapped

Tom Brady might have reason to practice more intensely after a federal judge made clear Wednesday that the NFL's four-game suspension of the New England Patriots quarterback over "Deflategate" is in jeopardy.

U.S. District Judge Richard M. Berman, who's been asked by NFL Players Association to void the suspension, warned a league lawyer during oral arguments that there was precedent for judges to toss out penalties issued by arbitrators in the scandal over under-inflated footballs.

Berman continued to push for a settlement in the dispute — a potential result he called "rational and logical." But throughout the hearing, he also cited several weaknesses in the way the NFL handled the controversy that could become the basis for handing a victory to Brady.

DISPUTE

Berman questioned Goodell's defence of the Brady punishment on the grounds that it was comparable to penalties on players caught using PEDs.

After the hearing, Berman met behind closed doors with both sides for more than an hour before the lawyers left court, saying the judge asked them not to discuss the negotiations publicly. If there is no deal, the Manhattan judge has said he hopes to rule by Sept. 4, six days before the Patriots host the Pittsburgh Steelers in the NFL's season-opening game.

Neither Brady nor NFL commissioner Roger Goodell was in court Wednesday.

THE ASSOCIATED PRESS

New England's Tom Brady STEVE HELBER/THE ASSOCIATED PRESS

IN BRIEF

Sailing body won't test Rio Olympic waters for viruses until WHO says necessary

Sailing's world governing body said Saturday it does not plan to conduct viral testing in Rio de Janeiro's polluted Guanabara Bay, the venue for sailing and wind surfing at next year's Olympics.

Dr. Nebojsa Nikolic, top medical official for the International Sailing Federation, told The Associated Press "we will certainly not do this" until the World Health Organization comes out with what he called a "firm statement."

The issue of increased testing for Rio's polluted waterways has drawn attention since an independent five-month analysis by AP published July 30 showed dangerously high levels of viruses from human sewage at all Rio Olympic water venues. THE ASSOCIATED PRESS

Spurs legend Duncan wins Twyman-Stokes award

San Antonio Spurs forward Tim Duncan has been handed the Twyman-Stokes Award, given annually to the NBA's teammate of the year.

A panel of NBA stars from the past nominated six candidates. Then nearly 300 active players voted for the winner.

Duncan received 72 first-place votes. Vince Carter of the Memphis Grizzlies finished second, and Atlanta's Elton Brand finished third.

THE ASSOCIATED PRESS

Hall of Fame awaits for former TFC star Brennan

Jim Brennan left home at 17 to pursue his soccer dream. Despite a shaky start, it turned out to be the first major step of a Hall of Fame career that saw the winger/fullback make headlines on both sides of the Atlantic.

The native of Newmarket, Ont., went on to play Bristol City for Nottingham Forest, Norwich City and Southampton before returning home to become Toronto FC's flagship player.

Brennan, Kara Lang and Pat Onstad will officially be inducted into Canada's Soccer Hall of Fame on Nov. 8 in Vaughan, Ont.

THE CANADIAN PRESS

Hockey years help Hendo

CANADIAN WOMEN'S OPEN

Rising teen star says time on ice gave her mental solidity

Brooke Henderson is the third-youngest LPGA Tour event winner ever. JONATHAN FERREY/GETTY IMAGES

Brooke Henderson believes the time she spent between the pipes growing up can give her a big assist this week as she tries to become the first Canadian in more than 40 years to win Canada's national women's golf championship.

Before she turned to golf, Henderson was a hockey goaltender. The 17-year-old from Smiths Falls, Ont., will take some of the mental toughness she learned on the ice into this week's $2.25-million US Canadian Pacific Women's Open in Coquitlam, B.C.

"To be a goalie you have to be a little bit strange, a little bit odd," said Henderson, prompting laughs during a news conference.

"I think that has really helped me along the way mentally preparing for not only professional golf, but golf in general.

"A shooter coming down on you, and you have a one-goal lead, it's a lot of pressure. The whole team is counting on you. It's the same when you have a three-foot birdie putt to win a championship or make the cut. It's the same kind of pressure."

> **I think it's possible. My game is in a great spot.**
> Brooke Henderson on winning this week on home soil.

Henderson was thrust into the spotlight this week after winning her first LPGA event with an eight-stroke victory Sunday at the $1.3-million US Cambia Portland Classic. That made her the first Canadian to win an LPGA event since Lorie Kane of Charlottetown in 2001. She also is the Tour's third-youngest champion ever at 17 years 11 months six days. The win prompted the LPGA to grant Henderson full membership on Tuesday, meaning she won't have to play Monday qualifying tournaments for the rest of the season. She faced having to qualify because she had exhausted all six of her sponsor's exemptions previously this season. Gaining her tour membership on the eve of her national tournament was special for Henderson.

"I don't think it could have worked out any better," she said. "I'm pretty far from my home but still in Canada with all the Canadian support and fans."

The last Canadian to win an LPGA Tour event on home soil was Jocelyne Bourassa in 1973 in La Canadienne, the precursor to the Canadian Women's Open. Her victory, in a playoff at Montreal, earned the Shawinigan, Que., native $10,000.

THE CANADIAN PRESS

IN BRIEF

Tigers' Norris hits home run in first major at bat

Detroit's Daniel Norris is just the 19th pitcher to hit a home run in his first major league at-bat. Norris lined a two-run drive off Jon Lester in his first career plate appearance during the second inning of Wednesday night's game against the Chicago Cubs.

According to STATS, that made him the 19th pitcher to go deep in his first major league at-bat. No one had done it since Tommy Milone homered for the Washington Nationals against the New York Mets on Sept. 3, 2011. Norris left the game in the fifth. With a runner on and one out, Tigers manager Brad Ausmus and a trainer came to the mound to check on him following a pitch to Kyle Schwarber. Norris reacted angrily as he clutched his right side after throwing a second warmup pitch, then left the game.

Matt Boyd trotted from the bullpen to the mound, apparently thinking he was being called in. But the Tigers went with Tom Gorzelanny instead.

THE ASSOCIATED PRESS

Phillies' rookies break Blue Jays

With veteran Chase Utley the latest former star headed out of Philadelphia as the team rebuilds, it was a couple of rookies who lifted the Phillies to a victory Wednesday night.

Aaron Altherr homered, doubled and drove in three runs and fellow rookie Adam Morgan pitched seven strong innings and Philadelphia beat the Toronto Blue Jays 7-4.

Jeff Francoeur and Andres Blanco also homered for Philadelphia, which snapped a four-game losing streak.

"It was awesome" Altherr said. "It was good to be out there and get that first hit out of the way. I hope I can just keep producing up here and helping the team win."

Utley did a lot of winning with the Phillies, but didn't contribute Wednesday even though he was in uniform and in the dugout. After the game the deal was made official with the six-time all-star second baseman going to the Los Angeles Dodgers for triple-A outfielder Darnell Sweeney and single-A right-hander John Richy.

Utley, who has a history of knee injuries, recently returned from the disabled list after missing more than a month because of right ankle inflammation.

WEDNESDAY In Philly

7	4
PHILLIES	BLUE JAYS

Utley has a hit in eight straight games while batting .484 since coming off the disabled list on Aug. 7. He received a standing ovation after celebrating on the field after the game and doffed his hat in appreciation.

After trading Cole Hamels at the July deadline and Jimmy Rollins last off-season, only Ryan Howard and Carlos Ruiz remain from Philadelphia's 2008 championship team.

Edwin Encarnacion homered for the wild-card leading Blue Jays, who fell two games behind the first-place New York Yankees in the AL East. Toronto lost for just the fourth time in its last 20 games.

Catcher Russell Martin loses the ball trying to tag Odubel Herrera GETTY IMAGES

"It's a logjam right now," Blue Jays manager John Gibbons said. "We've got to get back in it. Somebody else could, also. It's good baseball."

Mark Buehrle (13-6) had his shortest outing of the season, giving up four runs and seven hits in four innings. Since May 29, Buehrle hadn't allowed more than three earned runs in his last 13 starts while going at least seven innings in 11 of those games.

THE ASSOCIATED PRESS

BIEL ALINO/AFP/GETTY IMAGES

CHAMPIONS LEAGUE QUALIFIERS

First-leg win puts Valencia in control

Valencia is close to returning to the Champions League group stage after beating Monaco 3-1 in its first-leg playoff on Wednesday.

Sofiane Feghouli led two-time former finalist Valencia by setting up Rodrigo Moreno's opener and scoring his Spanish team's third goal with four minutes to play.

In other playoffs, Shakhtar Donetsk beat Rapid Vienna 1-0 thanks to Marlos' goal for the visitors just before halftime.

Celtic edged Swedish side Malmo 3-2 after squandering a two-goal lead and letting Jo Inge Berget score twice, including a second goal late in injury time for the visitors.

Dinamo Zabreg also got a stoppage-time goal from Josip Pivaric to complete its 2-1 comeback at Albania's Skenderbeu, while Maccabi Tel Aviv earned a 2-2 draw at Basel. THE ASSOCIATED PRESS

Gilliam could land on Seahawks' O-line

NFL

Unlikely playoff hero looking to secure spot in starting lineup

Garry Gilliam's pivotal touchdown catch on a fake field goal helped spark Seattle's improbable comeback in the NFC championship game against the Green Bay Packers.

Now the former college tight end is trying to win a starting job along the offensive line for the Seahawks.

Gilliam has been working with the first-team offence this week at right tackle and is expected to start against the Kansas City Chiefs on Friday night.

"Especially in that environment and against those rushers, it will be a good test for me. I'm excited for it," Gilliam said.

Garry Gilliam has his work cut out for him in trying to protect QBs. Seattle pivots were sacked seven time during last Friday's pre-season opener. OTTO GREULE JR/GETTY IMAGES

After a poor showing from the team's line last week, Gilliam has been inserted at right tackle as Justin Britt has been moved to left guard.

"Garry has had a really nice camp and then put it together Friday night. It showed up pretty good," offensive line coach Tom Cable said.

Gilliam's first big moment with the Seahawks came during the last post-season as Seattle faced a 16-0 deficit late in the third quarter against the Packers with a return Super Bowl trip sliding away.

Gilliam, who played three seasons at tight end at Penn State before moving to tackle as a senior, slipped behind the Packers on a fake field goal from the 19. Punter Jon Ryan wheeled out of his hold and lofted the ball to Gilliam for a touchdown that cracked the door open for Seattle's wild rally.

His athleticism as a former tight end is what intrigued the Seahawks coaching staff a year ago, when he signed with Seattle as an undrafted free agent. Gilliam mostly played as an extra offensive lineman in jumbo formations as a rookie.

"He's a really exciting prospect because he really looks exactly like the guys should look with their movement and all," head coach Pete Carroll said. "We really do cherish the guys that get off the ball and move their feet well."

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RECIPE Grilled Chicken with Corn Salsa

EAT LIGHT AT HOME

Rose Reisman
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Ready in
Prep time: 15 minutes
Cook time: 25 minutes
Serves 6

Ingredients
- 1/2 cup barbecue sauce
- 3 Tbsp cider vinegar
- 1 Tbsp molasses
- 1/4 tsp hot pepper sauce
- 1 1/2 lb boneless skinless chicken breasts
- 1/2 cup canned corn kernels, drained
- 1/2 cup diced red bell pepper
- 1/2 cup canned black beans, drained and rinsed
- 1/4 cup chopped green onion
- 3 Tbsp chopped cilantro or parsley

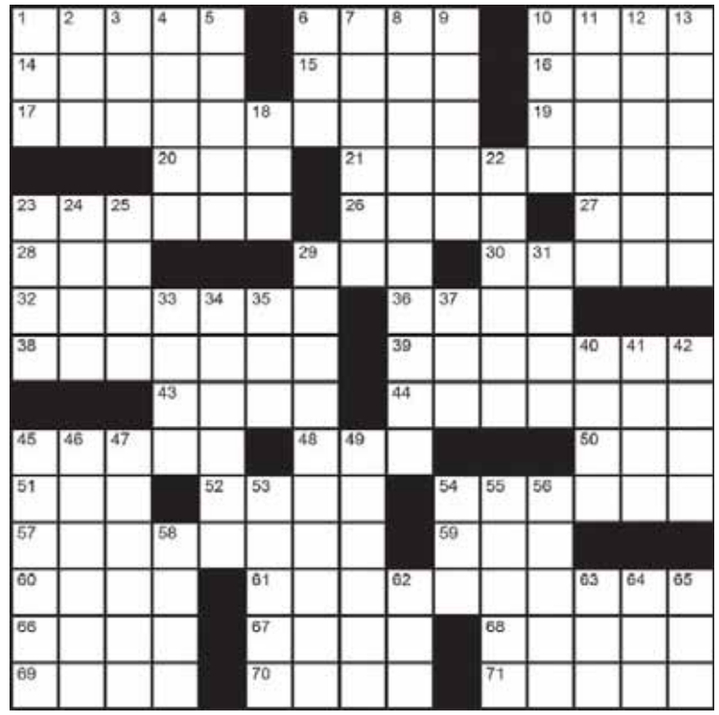
Directions
1. Whisk the barbecue sauce, vinegar, molasses and hot pepper sauce in a bowl. If you have time, marinate the chicken in the sauce for at least 30 minutes. Cover with plastic wrap and refrigerate.
2. For the salsa, spray a non-stick skillet with cooking oil. Place over medium heat, and sauté the corn and red pepper until the corn begins to brown, about five minutes. Stir in the beans, onion and cilantro. Set aside.
3. Remove the chicken from the marinade, and set the marinade aside in a small saucepan.
4. Preheat the barbecue or a non-stick grill pan to medium and spray with cooking oil. Cook the chicken over medium-high heat for 10 minutes per side, or until temperature reaches 165 F.
5. While the chicken is cooking, bring the reserved marinade to a boil and boil for five minutes. Serve the chicken with the sauce and salsa on the side.

Nutrition per serving
- Calories 205
- Protein 28 g
- Carbohydrates 16 g
- Total fat 2 g
- Cholesterol 66 mg
- Sodium 270 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Comp. help givers
6. Falls asleep, with Off
10. Cobbler's tools
14. "The Good in Everyone" band from Halifax
15. Catch
16. Decoy
17. Narrow escape: 2 wds.
19. Being
20. Ink-on-skin pic
21. Material used for making mechanical toys back in the olden days
23. Crossword's friend
26. Un-evens
27. "The Fresh Prince of __-Air"
28. William Tell's canton
29. For
30. Risky/complicated
32. Pasta dish
36. Laboratory bottle
38. Level/squash
39. Towards the middle
43. Partner of Pete and Julie on 1968 to 1973 series "The Mod Squad"
44. Formal surrendering, as of territory
45. Jiggly dessert
48. Informally seat the theatre-goers
50. Air Supply's "Just __ Am"
51. Disney deer
52. Waistcloth
54. Sculpting hammer
57. Like the sound of chalk on the board
59. Lacto-__ vegetarian
60. Plug away
61. Wildlife park attraction near Hamilton, African __ __
66. Wax-coated cheese
67. Ms. Skye of "Say Anything..." (1989)
68. Work the fashion runway
69. Soaks flax
70. Tire: French
71. Uses the keyboard

DOWN
1. QVC equivalent in Canada
2. Building wing
3. Dove's murmur
4. Must: 2 wds.
5. __ preview (Special movie showing)
6. __ degree
7. Speechmaker
8. Lolita __ (London, Ontario born actress of 1998's "Gods and Monsters")
9. Fork out
10. Eden offspring
11. Sushi condiment
12. One putting a home on the market, say
13. __-eyed gaze
18. After-R trio
22. "Fiddlesticks!" and "Poppycock!"
23. Jan & Dean's "__ City"
24. __ Mountains (Range in Russia)
25. Canadian fashion makeover show, "__ on a Dime"
29. __ Cactus (Plant found in southern parts of the Prairies, it looks like an item in a sewing kit)
31. Sigher's word
33. "__ do." (This will suffice)
34. Futile
35. "1-2-3" singer Mr. Barry
37. 'Serpent' tail?
40. Currency in Oman
41. Medicine amount
42. Huffy-puffy mood
45. Royal court entertainer
46. Make the message secret
47. Cowboy's corraler
49. George Harrison, as a Beatle = The __ __
53. At __ (All at once)
54. Rap artist, __ Def
55. Stop, in sailing
56. Elevated
58. Tree types
62. Modern, in Munich
63. Alsatian artist Jean
64. 'Street' in Montreal
65. TGIF part

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You may not change your opinion often but when you do you really do — it's more a transformation than an adjustment — and that will happen today. You will be a totally different, and better, person come morning.

Taurus April 21 - May 21
Is it possible to have too much of a good thing? You will get everything you desire today, plus a few things you didn't eveb know you wanted.

Gemini May 22 - June 21
No matter how much you want to help other people, you must help yourself first. What good will you be to others if you are constantly worrying about paying the bills? Financial security must come first.

Cancer June 22 - July 23
Today marks an ending of some sort. The good thing about endings is that they make new beginnings possible, so don't get upset if you have to say goodbye to something you cherish.

Leo July 24 - Aug. 23
Aim high and refuse to accept second best. That applies especially to relationships. If you forget everything else over the next 24 hours at least remember the three Ls: Love, laugh and learn.

Virgo Aug. 24 - Sept. 23
Travel plans could be disrupted but there is no point getting angry about it. If you find yourself stranded, just look around a bit and admire the scenery.

Libra Sept. 24 - Oct. 23
You may find a colleague unusually obstructive today, but don't cross them off your list yet because the planets suggest it is not their fault. They too are coming under pressure from people further up the hierarchy.

Scorpio Oct. 24 - Nov. 22
There is no point trying to run away from your problems. The more constructive part of your nature knows it must face them head on. Life may be tough but you can be tough too.

Sagittarius Nov. 23 - Dec. 21
Someone will come to your rescue and do what has to be done with no questions asked and no thought of reward. You should be grateful to have friends as good as this.

Capricorn Dec. 22 - Jan. 20
You need to make up your mind and choose between equally appealing alternatives. Don't fall into the trap of thinking that you can have it both ways because most likely you will end up with nothing.

Aquarius Jan. 21 - Feb. 19
You are holding on too tightly and strangling the life out of a situation that needs a lighter touch. You don't have to be master of all you survey. You only have to master yourself.

Pisces Feb. 20 - March 20
You will be generous today and others will be generous back. Look past superficial differences and realize that we are all very much the same under the skin.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

					9		2	6
					7	1		8
			3	1			4	
		7					6	1
		6		7		5		
9	4					3		
	6			5	3			
4		3	2					
1	8		6					

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For women like Nalie, your participation means everything. When you register for the Run, you are helping create a future without breast cancer. Sign up by Friday, August 21, and you'll also be entered to win a round-trip flight for two anywhere WestJet flies.*

We're all in this together.
cibcrunforthecure.com

WESTJET

*No purchase or fundraising necessary. Open to age of majority legal residents of Canada. Contest opens August 20, 2015 at 12:01 AM PT and closes August 21, 2015 (11:59 PM PT). Enter online for full rules (including details on how to enter without purchase or fundraising) at www.cibcrunforthecure.com One (1) prize available to be won. The prize consists of one voucher that is valid for one (1) round-trip flight for two (2) people from any Canadian WestJet destination to any scheduled WestJet destination (conditions apply). Each voucher has a maximum potential retail value of $2,900 CAD, although the actual value will depend on the destination chosen and time of booking from originating city. Odds depend on number of eligible entries submitted and received. Skill-testing question required.

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